

**PENGUNAAN MEDIA *E-TRAFFIC LIGHT CARD*
DALAM PENYULUHAN TERHADAP PENINGKATAN
PENGETAHUAN DAN SIKAP REMAJA PUTRI
DALAM PENCEGAHAN KANKER PAYUDARA
DI SEKOLAH MENENGAH ATAS**

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ABSTRAK

Latar Belakang. Kanker payudara merupakan jenis kanker dengan angka kejadian dan kematian tertinggi di Indonesia, terutama pada perempuan. Salah satu upaya pencegahan dapat dilakukan melalui edukasi gizi menggunakan media yang menarik dan mudah dipahami oleh remaja. Penelitian ini bertujuan untuk mengetahui efektivitas media *E-Traffic Light Card* dibandingkan leaflet terhadap peningkatan pengetahuan dan sikap remaja tentang pencegahan kanker payudara.

Tujuan. Mengetahui pengaruh perbedaan penggunaan media *E-Traffic Light Card* dan *Leaflet* terhadap peningkatan pengetahuan dan sikap remaja putri dalam pencegahan kanker payudara

Metode. Jenis penelitian adalah Quasi Eksperimen dengan desain *Pre-Post Test with Control Group Design*. Populasi: remaja putri SMAN 1 Kasihan (kelompok perlakuan) dan SMAN 2 Bantul (kelompok kontrol). 80 orang (masing-masing 40 per kelompok), ditentukan secara *Purposive sampling dan incidental sampling*. Analisis data dilakukan menggunakan uji *Wilcoxon Signed Rank Test* dan *Mann-Whitney U Test* dengan tingkat kepercayaan 95%.

Hasil. Hasil penelitian menunjukkan bahwa terdapat peningkatan pengetahuan dan sikap yang signifikan pada kedua kelompok setelah diberikan penyuluhan ($p < 0,05$). Pada kelompok *E-Traffic Light Card*, peningkatan pengetahuan dan sikap menunjukkan hasil yang signifikan ($p = 0,000$). Begitu pula pada kelompok leaflet yang juga mengalami peningkatan signifikan ($p = 0,000$). Hasil uji efektivitas menunjukkan bahwa media *E-Traffic Light Card* lebih efektif dibandingkan leaflet dalam meningkatkan pengetahuan dengan nilai *mean rank* 49,05 berbanding 31,95 ($p = 0,000$), serta lebih efektif dalam meningkatkan sikap dengan nilai *mean rank* 53,50 berbanding 27,50 ($p = 0,000$).

Kesimpulan. Penyuluhan menggunakan media *E-Traffic Light Card* efektif meningkatkan pengetahuan dan sikap remaja putri dalam pencegahan kanker payudara serta memiliki efektivitas yang lebih baik dibandingkan media leaflet.

Kata Kunci : *E-Traffic Light Card*, Pengetahuan, Sikap, Remaja Putri, Kanker Payudara, Edukasi Gizi

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***The Use of E-Traffic Light Card Media in Health Education
To Improve Adolescent Girls' Knowledge And Attitudes
Regarding Breast Cancer Prevention
In High Schools***

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ABSTRACT

Background. Breast cancer is the type of cancer with the highest incidence and mortality rate in Indonesia, especially in women. One of the prevention efforts can be done through nutrition education using media that is interesting and easy for adolescents to understand. This study aims to determine the effectiveness of E-Traffic Light Card media compared to leaflets on increasing young women's knowledge and attitudes about breast cancer prevention.

Objective. To find out the effect of different use of E-Traffic Light Card and Leaflet media on increasing the knowledge and attitudes of adolescent girls in breast cancer prevention

Methods. The type of research is Quasi Experiment with Pre-Post Test with Control Group Design. Population: students of SMAN 1 Kasihan (treatment group) and SMAN 2 Bantul (control group). 80 people (40 each per group), determined by purposive sampling and incidental sampling. Data analysis was carried out using the Wilcoxon Signed Rank Test and the Mann-Whitney U Test with a 95% confidence level.

Results. The results showed that there was a significant increase in knowledge and attitudes in both groups after being given counseling ($p < 0.05$). In the E-Traffic Light Card group, the increase in knowledge and attitude showed significant results ($p = 0.000$). Likewise, the leaflet group also experienced a significant increase ($p = 0.000$). The results of the effectiveness test showed that the E-Traffic Light Card media was more effective than leaflets in increasing knowledge with a mean rank value of 49.05 compared to 31.95 ($p = 0.000$), and more effective in improving attitudes with a mean rank value of 53.50 compared to 27.50 ($p = 0.000$).

Conclusion. Counseling using E-Traffic Light Card media is effective in increasing the knowledge and attitudes of young women in breast cancer prevention and has better effectiveness than leaflet media.

Keywords : E-Traffic Light Card, Knowledge, Attitudes, Young Women, Breast Cancer, Nutrition Education

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